



# THE MASSEUR



## American Massage & Therapy Association

FORMERLY THE AMERICAN ASSOCIATION  
OF MASSEURS & MASSEUSES

OFFICIAL BULLETIN

JANUARY - FEBRUARY, 1961

DECATUR, ILLINOIS

## ARIZONA BECOMES THE 21st CHAPTER

### **SALUTE OUR NEWEST CHAPTER**

Salute Arizona. President, Albert J. Sprague, 625 N. 4th Avenue, Phoenix, Arizona.

Vice President, Norman D. Hostetler, 4131 E. Garfield, Phoenix, Arizona.

Secretary, Gale I. Biersdorf, Route 4, Box 23, Tucson, Arizona.

Write to these people, make them welcome, encourage them to build. Make them feel that each of them is one of us.

### **MAKE USE OF OUR LIBRARY**

The California Chapter has purchased and donated to the A.M. T.A. to start our lending library, the following books.

The Massage Operator by Dr. P. Puderbach of the Brooklyn Massage Training School of Brooklyn, N. Y. This is a very fine book on every form of massage including psycho-massage. Price \$6.50.

Massage & Original Swedish Movements by Kurre W. Ostram, from the Royal University of Up-

sala, Sweden, \$4.50.

Manual Therapy by James B. Munell, M.D. How massage works, Common Errors, Reflex Massage Response, Mechanical Means, Cupping, Pressures and other forms of massage, Passive Movement, Assisted Movement, Joint Manipulation, forced movement, Rules for Manipulation, \$2.50.

Send the price of the book plus \$1.00 rental to Sam Dahlgren, 1104 4th Avenue South, Fargo, North Dakota. The price of the book will be returned when you return the book within 30 days. The \$1.00 rental will take care of postage one way, repairs and replacement.

If you have any books you wish to donate to this Library, please send them in to the National Secretary. Put on the inside cover the original price of the book and your name as donator.

In this way we can build a fine nearly free library for our members.

### **FILM FUND**

We have two more names to add to this fund. The total is 138 dol-

lars for us to use in making up our own movie, on Massage Therapy.

Harvey Lisle sent in 25 dollars and Charles K. Lindsay contributed 12 dollars. Thanks fellows, your money is appreciated.

### **THE JOY OF BEING EDITOR**

Getting out this magazine is no picnic. If we print jokes, people say we are silly. If we don't, they say we are too serious. If we stick close to the office all day, We ought to be out hunting news. If we go out and try to hustle, We ought to be on the job in the office. If we don't print contributions, We don't appreciate genius; and if we do print them, the magazine is filled with junk! If we make a change in the other fellow's write-up We are too critical; If we don't, we are asleep. If we clip things from other papers, We are too lazy to write them ourselves. If we don't we are stuck on our own stuff. Now, like as not, some guy will say We swiped this from some magazine. WE DID.



## THE MASSEUR

Bimonthly publication of the  
American  
Massage and Therapy Association.  
formally known  
American Association of Masseurs  
and Masseuses.

Published in Decatur, Illinois  
Charles W. Brooks, Editor  
3111 North Water Street



George D. Gammon, National President,

### REPORT OF YOUR NATIONAL PRESIDENT

I can report with more optimism than at any time since becoming a member. We will have more names of paid up members in the new Year Book than we have ever had at this time of the year.

We have a brand new Chapter in Arizona and we are promised a Chapter in Texas right after the first of the new year.

The brightest spot in our membership globe is Montana. Those folks up there, thanks to the enthusiasm of Lois Hanson, and his good wife, Lydia, have brought in nearly 30 members this year. This shows what can be done with a little effort. If we had more members like these two we would be the strongest organization in our profession.

I delivered a talk on massage and physical therapy at the up-town Optimist Club in this city not long ago. The talk wasn't too

much I thought, but the question and answer period that followed shows that people do not know too much about our profession, but are anxious to learn.

Two medical doctors, who have never been too friendly toward me, came over and shook my hand and said that it was a pity that more of us did not go out and tell the world what can be accomplished by massage and physical therapy.

If you would like to establish some good public relations let your service clubs know that you are available for a talk on your profession and they will be glad to give you the time.

The new Year Book will be the best of all so far. May I congratulate all of you for your wonderful support. This year we will sell enough advertising to completely pay for it and it will be the largest most complete Year Book thus far. It will be out soon after the first of the new year.

Make this Year Book work. Send your patients to other operators. I checked back the other day and the people that have been sent to me directly and indirectly through the Year Book spent \$311.50 this year. It can do the same for you.

I get letters constantly asking if there is a Massage Therapist in such and such a city. Often times we have no member in that city.

### MEMBERS

Our membership is growing, but I know each one of us, can do more. There has been several new Chapters formed, and several new states now have a Chapter. So this shows it can be done if we will work at it.

It is time to begin to think of our National Convention in Omaha. Would sure like to see a lot of new members there.

Remember the nice prize of \$50 bond, to the individual getting the most new members. Also a nice plaque to the member getting three or more new members.

We have an organization to be

proud of, tell people about it.

Yours for More Members  
Irene Jordan  
Membership Chairman.

### TIME MARCHES ON

During our Sunday morning convention breakfast, it was announced that a couple of our members had birthdays and their respective ages were told. In thinking about it later it came to my mind that the majority of us are "over the hill" past fifty years.

We are striving to make our W.M.T.A. and the national association more protective and better for the future. It has been a slow process, (yet we have made some progress.) It may be five, six or ten years in the future, before we gain the legislative protection we desire. By that time most of the present members will not be practicing massage therapy.

New members are very slow in joining, that we may have more finance and power to accomplish our desires.

The schools and colleges of massage therapy are not graduating young men and women for the reason that they can get into positions with regular hours and much better pay to start. Most graduates are middle age to begin with.

It takes a person of patience and some financial backing to get established in a massage therapy practice. One has to prove themselves in so many ways. Your certificate of graduation alone will not do it. You have to prove to the public that you are capable of getting results. You have to prove to other members of the healing arts, that you are ethical, and of good moral character before you can expect much cooperation from any source. You must have an office adequately equipped and in keeping to the best of your financial ability with the homes and doctors offices from whom you expect your clientele.

It seems to me that in view of these facts it is up to all of us to contact massage therapists near us who are not members and get



em in our membership. We need members, that means finances, which we need to accomplish our desires or we will just fade away.

Blossom Guntley, R.M.T.  
Wash. State Pres.

## NEWS-LETTER

Congratulations are in order to the members in Montana for the spark and fire they are showing. It looks like some progress is being made throughout the Ass'n, for we are going to pass the highest total membership we ever had and I hope to see the membership over 500 by convention time. We have a new chapter in Arizona and are promised a chapter in Texas after the first of the New Year. We have the biggest and finest Year Book ever assembled and a job well done.

As of September 13, 1960, a Certificate of Incorporation of the "American Massage & Therapy Association" was issued in the City of Wilmington County of New Castle in the State of Delaware. This is recognition which was needed and will prove its value in the future. There must be new by-laws drawn up and ratified by the Officers and the Board of Directors and then adopted at the convention in Omaha. Be a part of this important convention in August.

We also have a Non-Profit permit which will allow us to send The Masseur to our members for 1¼ cents compared to the 3 cents we were spending and the Year Book will cost only half of what it would cost under the regular 3rd class rate which means you will receive these publications earlier, since they will be mailed from Decatur, Ill. Thanks to Sam and Charles for their dedicated work. Sam has some new Emblems that are very nice and can be had at the cost of 80 cents apiece. They are cloth and can be sewn on your uniforms.

In closing, may I wish to every member, the most healthy and prosperous 1961.

Public Relations Director  
Thomas R. Fink

## A. B. WHITE TREATS PRESIDENT'S NURSE

Luella Hennessey, R.N., district nurse in Walpole, Massachusetts, who for more than two decades has dispensed a soothing potpourri of care, to mothers of newborn of the famous Kennedy family. Nurse Hennessey has her bag and nursing kit all packed to speed to New York, or Washington, to be with Mrs. Jack Kennedy, and will be among the first to know if the President-elect has a new heir or heiress. Miss Hennessey has missed only one Kennedy birth since 1935.

Ann B. White, Secretary-Treasurer of the Massachusetts chapter of AMTA. by prescription, is baking, massaging and exercising the nurse's knee, an injury she suffered brushing with a patient's brace. The knee is fine and the patient is all set to be with Mrs. J. Kennedy.

Ann was happy to know that President-elect Kennedy has a massage each day, all of the Kennedys are health minded. As a young boy and vacationing at the resort home in Florida after indulging in sports, Jack would have a massage from Sandy the Masseur, as all the Kennedys did, including the children. Sandy follows the Kennedys to their summer home on the Cape in Massachusetts, and continues his health service to the family, and may he continue to serve them well.

## CALIFORNIA

The California Chapter of The American Massage & Therapy Association would like to report one Quarterly Meeting, Nov. 5 and 6, in Modesto, one regional meeting in Southern Calif. and two in Northern Calif.

In Modesto, our National President, Geo. Gammon, spoke briefly on Legislation the need for and outlined somewhat to date the effort made to obtain it. Stated that each member should receive a copy of the proposed Bill within the next thirty days. Also explained that another Association Masso

Therapists were attempting to put a Bill through that is not worthy of our support, in as much as it does not do justice to an Association, or members, such as the A.M.T.A.

Member Irene Jordan displayed the trophies to be given out for winners of the membership contest and advised all that the contest would end June 30th. Also displayed door prizes offered at one dollar donation to be given to the Calif. Chapter fund.

There were motions made and passed.

1. To pay the Annual Dues for C. A. Tyler from Chapter funds, as Mr. Tyler has been seriously ill.

2. California Chapter place an ad in the new Year Book, which would cost \$15.00.

3. That the Chapter spend up to \$15.00 to purchase two books on MASSAGE to be given to the National Library of A.M.T.A.

There were 21 present Oct. 23, for our regional meeting, held at the home of Mr. and Mrs. Leon P. Martin in Palermo, Calif.

Following the business meeting the group discussed the history of the A.M.T.A., from its inception to date, in answer to questions from prospective applicants. Also requirements of members, applicants, ethical practice and procedures.

Explanation of benefits of being a member of the Association, now and in the future was given. Legislation being sought constantly for Legal recognition and Licensing.

After lunch we had a nice workshop.

The southern regional meeting was held in San Diego at Grant Hotel to try to organize a Unit. The meeting was called to order by Geo. Gammon and each guest was introduced. Mr. Gammon told of the benefits of The A.M.T.A. After dinner a workshop was held to the delight of everyone.

Nov. 27 we were invited to the home of Mildred Smith of Sacramento for another regional meeting. We are happy to report a new Unit was organized for the northern group.

CLUB RYF  
MASSAGE



Everyone enjoyed a lecture given by Dorothy Parker on nutrition. Also Elmer Conn gave us a very interesting talk on Nerves.

Our next Quarterly Meeting will be Feb. 4 and 5 in Sacramento.

Neva Martin

## MASSACHUSETTS

The Massachusetts chapter held the November 13th meeting at the Physical Medicine department in the Memorial hospital at Pawtucket, Rhode Island. Rollin Perry, R.N., R.M.T., head of the department, was our chairman. Rhode Island chapter were invited guests, and many interested friends enjoyed the program.

Two films were shown from the Boston University film library, "The Human Body," and "The Nervous System." followed by a very informative speaker, Dr. Richard Henzig, of Rhode Island, who spoke on muscles and their treatment. Dr. Henzig believed we get the fine results because we treat the whole body.

A tour of the Physical Therapy department was most interesting with two Rhode Island members, Mr. and Mrs. Shaw, giving demonstrations on the use of the equipment. Rollin, our chairman, did an excellent job of planning this meeting.

An election of Massachusetts officers was held after the business meeting, and the new officers elected were, President, Virginia C. George; 1st Vice, Rollin F. Perry; 2nd Vice, Louis P. Rano, and reelected to Secretary-Treasurer, Ann B. White. Alice Smith, President of the R.I. Chapter, installed the new officers.

January 15th meeting will be at the Hotel Bancroft in Worcester.

Ann B. White  
Sec'y-Treas.

## WITH THE SICK

Katherine Adams, Central States Director, is ill. She is in the Doctor's hospital, Kansas City, Missouri. Let's send her a shower of get-well cards.

## PRESIDENT'S MESSAGE

It behooves us all to see that as many cities and towns are represented as possible. If there is no Massage Therapist in some of these towns it might be wise for some of us to move into these towns and give them our good services.

I am told that there will be a piece of Legislation introduced in Colorado that will outlaw all massage except by a registered nurse or registered physical therapist. If this becomes Law it will hurt us immeasurably. It is a pity that we have only one member in Colorado and that we must stand by and not help. If they had a good strong State Chapter in our Association they could defeat this vicious bill.

If that isn't enough to make all of you get out and work to get new members, to build and to strengthen I do not know what to say.

I get the pettiest of letters talking about other members and what they are not doing. This isn't an Association of personalities, it is an association of Unity, of oneness, of steadfast purpose. It is not what the other fellow is not doing it is WHAT ARE YOU DOING?

To the States who are lagging may I say this. A Chapter is as good as its officers. An officer is as good as his program of leadership. Give your members short business sessions, plenty of educational and entertainment features, make your meetings often and brief, and you will have attendance and interest. Out of 52 paid up members in California we had 41 at one of our meetings not long ago.

Make your plans now for the Omaha National Convention. We had almost 25% of our entire membership in attendance at our last one in Chicago. Omaha is even better situated for attendance. Set aside Aug. 3-4-5-6 and be there.

In 1961 Let's get the Job done. 500 or more members. It just takes a little effort. If you are an of-

ficer and are not doing your part. Be fair enough to resign. If you can't put us ahead, don't be the one to get us behind.

May I wish all of you the prosperity and Peace you deserve during the coming Year and with God's help we will Persevere.

## DEEP DOWN TREE GREW FOR 17 YEARS

Kirkland Lake, Ont.

An apple tree that grew for 17 years at the 3,150-foot level of the Sylvanite gold mine is dead, but a Florida orange tree survives in constant 70-degree temperature.

Both were planted by Leo St. Onge, a miner now retired, with seeds from his lunch-pail fruit and were nurtured with light from a 110-watt bulb, air from the mine ventilation and daily watering at lunchtime.

Neither tree produced blossoms or fruit. They leaved and shed without regard for seasons. Both were dwarfs.

## EAT APPLE A DAY BUT WATCH THE VITAMINS

You can suffer from too many vitamins as well as too few warns the American Medical Association.

For example, an overdose of vitamin A can lead to loss of appetite, irritability, skin eruptions or enlargement of the liver, according to an editorial in the AMA Journal.

Too much vitamin D may lead to gastrointestinal symptoms, the Journal adds.

Your doctor, it cautions, should be the one to determine whether you need supplementary vitamins and if so, what kind and how many.

The AMA Council on Foods and Nutrition stated last year that "all the nutrients essential to the maintenance of health in the normal individual are supplied by an adequate diet."

"Only in a deficiency state or an anticipated deficiency state are vitamin supplements necessary," the Journal says.



## Indiana AMTA at the Lake Hotel Gary, Ind., November 12, 1960

Meeting was called to order at 11:00 a.m., president Lowell M. Spangle presiding.

Invocation was by Nelle Towe, in the absence of our regular Chaplain, Lilly Lewellen.

Our registration clerk, Lenora Stoller, reported 27 present. President Spangle asked each to stand and introduce themselves that we might all become better acquainted. Ten others came in later, making a total of 37 present.

Mr. Stoller, as Secretary, read the minutes of our last meeting held at the Severin Hotel in Indianapolis on Sept. 11, 1960. With one minor addition they were accepted as read.

Mr. Stoller, as Treasurer, gave the financial report. He reported, that in behalf of the Indiana Chapter, he purchased a file cabinet, desk, and other office equipment to further facilitate the job of keeping accurate records in the future. The report was accepted as read.

President Spangle asked for volunteers to head the various committees. He stressed the importance of having active persons for these positions, who will work hard and long in behalf of the association. We all want this to be a year of progress and moving forward to new goals.

Mr. Stoller read a letter of thanks to the Indiana Chapter he received from Mrs. George Dommer to whom we sent a reimbursement check of her husband's dues who passed away.

Mr. Stoller conducted a very brisk sale of our new cloth emblems for our uniforms and also of our new license emblems for our automobiles. There was real enthusiasm shown in behalf of both the emblems. We hope this is one way to bring our profession before the public.

Our meeting co-ordinator Bessie E. Erfurth discussed methods for

better meeting planning. There was some discussion in regards to the prices charged for dinners and the meeting rooms in the hotels in the state. It was brought to the attention of the body that we could get a large room in one of our banks in Fort Wayne—cost free—to hold our meetings. A motion was made by Catherine Holland that we hold one more meeting at the Severin Hotel in Indianapolis to finish our contract with them, and then, if conditions were favorable, we could hold future meetings at Fort Wayne. This motion was seconded by Nelle Towe. Carried unanimously.

A motion was made by Vera Seatty and seconded by Charles Lindsay that we continue to hold our meetings on Saturday instead of Sunday, beginning with our meeting in March of 1961. Motion unanimously accepted.

Motion by Catherine Holland and seconded by Dan Smalley that we give Mr. Thomas Brookshire a vote of thanks for the excellent job done on the news-letter. Motion unanimously accepted.

Mr. Stoller again asked the cooperation of members in the various sections of the state to contact their local papers and have them print our meeting notices, in order to publicize the activities of the AM&TA.

Next meeting to be held at the Severin Hotel on Sunday, January 8, 1961. No further business, we adjourned for dinner in the Hotel dining room, at 12:10 p.m. where we enjoyed a baked chicken dinner.

We reconvened at 1:40 p.m. for our afternoon session which was confined to our legislative program. Our guest speaker was Ruth Skewes of East Chicago, Indiana. Miss Skewes is the owner of a large fleet of trucks that is called Skewes Freight Lines. She has had many years of experience in the preparation and passage of legislative matters.

She stressed the importance of getting the proper persons to introduce the bill in both the House and the Senate. Also to get popu-

lar persons to sponsor the bill, to be sure it comes out on the floor for debate. She told us of her personal acquaintance of many of the leaders in each house, and promised to work with them and lay the ground work for us. Many good points were given to us in her short talk. She then gave the members a chance to ask any questions that they had on their mind in regards to the question at hand. Miss Skewes is a patient of our own little lady Vera Setty. A vote of thanks to Vera for arranging our meeting with Miss Skewes.

After Miss Skewes left we discussed different parts of our bill and answered any questions that were asked in regards to it. President Spangle read different parts of it and explained any part where any question arose. It was again stressed that each one should try and get as many of our patients to sign our petition favoring the licensing of massage therapists in Indiana, as possible. We were also encouraged to make personal contact with our local senators and representatives and remind them of our coming bill.

No other business on hand, we adjourned at 3:15 p.m. We all felt we had enjoyed a real worthwhile meeting and one that we hope will bring lasting results in the future.

Respectfully Submitted  
George W. Stoller  
Secretary & Treasurer

### CARROT PUDDING

1 cup grated raw carrots  
1 cup grated raw potatoes  
1 cup grated raw apples  
½ cup raw or brown sugar  
½ cup molasses or Honey  
1 cup raisins  
½ cup butter  
1 cup sifted whole wheat flour  
½ tsp. cloves  
1 tsp. nutmeg  
1 tsp. cinnamon  
1 tsp. soda  
1 tsp. baking powder

Combine all ingredients and steam in greased mold for 2-3 hours. Serve with lemon or vanilla sauce.

CL038194  
MHS-AC2



**LEMON SAUCE**

½ cup raw sugar  
 ⅛ tsp. salt  
 1½ tbsp. wheat flour  
 1 cup boiling water  
 2 tbsp. lemon juice  
 Grated rind from ½ lemon  
 1 tbsp. butter

Combine sugar, salt and cornstarch. Add to boiling water and cook on medium heat 15-20 minutes. Add lemon juice, rind, and butter.

## MASSAGE THERAPY AND OUR ELDERLY CITIZENS

By

Lowell M. Spangle, B.S., P.T., PSY.

Every year the number of our elderly citizens is increasing. The life span is gradually being extended. Fifty years of age used to be considered in the prime of life. Today a person of fifty years of age is scientifically included among the elderly. Signs of aging are abundantly present in most individuals between the ages of 40 and 50.

The elderly person usually develops specific physical characteristics. His stamina decreases, his vision becomes poor. His circulation is affected, he often suffers from rheumatic conditions, stiffness of joints, heart trouble and various emotional problems.

Industry and business recognize this situation and are reluctant to employ those over 50. Those who have jobs feel a sense of insecurity. They are seldom considered a genuinely productive employee. They cannot help but feel they are just tolerated until a suitable, younger replacement can be eased in.

Labor unions have done much to strengthen the position of the elderly who have been long on the job, by seniority programs, pension agreements, etc.

Legislation has been directed toward relieving the problems of the aged in many ways; pensions, social security, unemployment benefits and laws regulating nursing homes and rest homes for the elderly and also by providing med-

ical care and hospitalization.

These programs are all very good as far as they go, but the help is not keeping pace with the problems. Statistics show, there are, in the United States today, over 40 million over 50 years old and the same statistics indicate that by 1975 there will be over 20 million Americans over 65 if the present trend continues.

Every hospital, every nursing home, every home of every kind provided for the elderly citizen is today overcrowded.

Massage Therapy and Physical Therapy could be of so much help to the elderly citizens. Many of their afflictions normally respond readily to such treatments. In almost every instance their distress could be mitigated, their joints limbered up, their circulation improved and in general life would be made easier and more bearable. Often they would become more useful citizens.

In this field of service there is great opportunity for Massage Therapy. I have talked to the operators of a number of such homes. They readily agree such service would be very desirable and practical if such help was available.

We believe such help could be made available by the recognition of the trained talent available in the profession of Massage Therapy. Massage therapists have been giving a good account of themselves all over the country. Many physicians make use of their services. In general there has always existed a very friendly relationship between the medical profession and the massage therapists.

In many sections of the country, Massage Therapy and Physical Therapy are considered one and the same profession. In these sections, the practitioner accepts a prescription from a doctor, treats the disease abnormality or trauma as directed, or he may give the treatment as a general systemic or tonic treatment to the whole body or the specified limb or part.

In several parts of the country we have a condition similar to

what we have here in Indiana. Physical Therapists and Massage Therapists are not considered the same profession. Physical Therapists treat disease abnormally and always work under the prescription of an M.D. who holds an unlimited license. Massage Therapists confine their activity to giving general or systemic treatments for tonic effect... They use heat to soothe pain, open the pores, flush out toxins and they bathe and cleanse the body. They stimulate the circulation to remove stasis and congestion and to improve the tissue nourishment. They do not attempt to diagnose or treat the disease or condition specifically, but to stimulate and normalize the functions of the body that it may throw off or correct the abnormal condition.

I strongly feel more attention should be given to this type of treatment. That we should go after the business available in the elderly citizens, make our services available to every nursing home and home for the elderly, and seek legal recognition of our profession that it may be used in the many hospitals where physical therapy is not available.

It is very good to add years to the life span, but as Massage Therapists let us establish our service in the program adding life to those extra years.

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**EMBLEM** — for uniform sleeve, watch pocket or hanky pocket of blouse. **Registered Massage Therapist.** In colors, 80c.

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**"HELPFUL INFORMATION** for Massage Therapists" Assembled in manuscript size for text book instruction. A wonderful review for every R.M.T. Postpaid \$6.00. Distributed by Dr. Otis J. Briggs, 214 E. St. Joseph St., Indianapolis 2, Indiana.

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A specialist is a man who knows more and more about less and less until he knows practically everything about almost nothing.



**FOR SALE:**

I have for sale a nice semi-commercial and residential property located in a smog-free and fast growing city in the center of the garden spot of California.

It consists of a custom built three bedroom home with two full baths with showers, floor to ceiling corner fire place, a beautiful kitchen, with built-in stove and oven, nice dining area, and numerous other features. A covered breezeway leading over to a utility room, an office and a two car garage. A six foot redwood fence protects the entire property, which has a beautiful back yard with bearing fruit trees, such as grapefruit, oranges, grapes, peaches, almonds, walnuts, young apricots, and berries. There is an asphalt parking lot in front for several cars.

It is located on a very popular street, next door to the leading medical clinic, in a zone for a convalescence home, of which there is a great need here. It is near schools, churches, and shopping. A new state college opened this fall and their building program is immense. About 75 miles from San Francisco and the same from the mountains.

We had this place built especially for a massage studio, three years ago, and have built up a nice practice. We also have the lessons and setup for a home study school in Massage. We offer this together with nearly new furniture and complete equipment and good will complete a qualified operator. After a proper down payment it can be financed. The reason for offering this select property and business is that we have worked for fifty years and time to quit. If interested write owner,

**THEODORE NORBY**

1104 COLORADO, TURLOCK, CALIF.

**BEATNICK! !**

No this is Sam Dahlgren our National Secretary. This picture was taken just as he came out of the north woods where he had been deer hunting.

**TAKE TIME**

( 1.) Take time to worship: It is the highway of reverence which cleanses and restores the soul.

( 2.) Take time to work: It is the price of success.

( 3.) Take time to think: It is the source of Power.

( 4.) Take time to read: It is the foundation of knowledge.

( 5.) Take time to help and enjoy friends: It is the source of happiness.

( 6.) Take time to play: It is the secret of youth.

( 7.) Take time to love: It is the one sacrament.

( 8.) Take time to dream: It hitches the soul to the stars.

( 9.) Take time to laugh: It is the singing that helps with life's load.

(10.) Take time to plan: It is the secret of being able to have time to take time for the first nine things.

Window placard in a New York pet shop: Lonely kitten desires position with little girl—will do light mousework.

**FOR SALE**—Steam bath and barber shop. A wonderful place in Sunny Calif. Write to Mr. D. J. Leney, 312 Valencia St., San Francisco 3, Calif., for full details.

**FOR SALE**—A wonderful business. No competition. For details write to Mrs. Hazel Davis, 1020 3rd St., Lacon, Ill.

**FOR SALE**—A business in Upper Darby, Pa. A very good business in a very busy shopping center. Contact the owner for more details. Rose B. Buxbaum, 6908 Market St., Upper Darby, Pa.

**FOR SALE**—A real good buy, a wonderful business. Contact Mrs. Arnulf Woerle, 528 Walnut St., Reading, Pa.

**WORK WANTED** in Calif., by experienced Massage Therapist. For more information write Mrs. May Arrasmith, 3915 N. Fremont St., Chicago 3, Ill.

**WORK WANTED** in Calif. or warm climate by experienced Therapist. Write for information to Mrs. Johnnie Jones, R.M.T., 4133 Winn Rose Way, Louisville, Kentucky.

**THE PICTURE CHANGED**

Three youngsters were brought in before the juvenile court judge for disturbing the peace. "Now," said the kindly judge, "we'll take one at a time. What are you here for, young man?"

"Just for throwing peanuts in the water," the first boy stated.

"Well, that doesn't seem such a terrible thing," commented the magistrate. He turned to the second boy and asked, "And you?"

"I threw peanuts in the water, too."

"And I suppose," said the judge, turning to the third boy, "you threw peanuts in the water, also?"

"No, sir," was the plaintive reply. "I'm Peanuts."

**WORK WANTED** — Miss Irene Huffington. Plaza Hotel, North and Clark St., Chicago 10, Ill. Graduate of Kilberg's. Several years experience.

**WORK WANTED** — Miss Betty Rowe, 5032 W. Quincy St., Chicago 44, Ill. Graduate of Kilberg's. Several years experience.

**FOR SALE**—A full line of equipment and 3 room living quarters. Two other therapists in city. Reason for quitting, I wish to go to a sanatorium in Texas for my health for two or three years. Write for information to Bessie E. Erfurth, 109 W. 41st Ave., Gary 9, Ind.

CLUB 14  
MESSAGE



## LINDSAY'S BATHS

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